



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY

MEALS ON WHEELS

FEBRUARY



MEALS ON WHEELS
AMERICA

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| Glazed Ham Steak 1 <i>Double-Baked</i> Potato Casserole Country Style Vegetables 7-Grain Bread Pineapple Tidbits | Beef & Broccoli 2 Fried Rice Vegetable Egg Roll Sweet and Sour Sauce Mandarin Oranges Almond Cookie ♥ Apple | BBQ Chix Leg/Thigh 3 Green Bean Casserole German Potato Salad Romaine Salad w/Vegetables & Ranch Cornbread Sliced Peaches | Stuffed Cabbage Roll 4 Mashed Potatoes Diced Beets Rye Bread Butterscotch Pudding ♥ Banana | Grilled Burger 5 w/Swiss & Mushrooms Whole Grain Bun Baby Bakers Stewed Tomatoes Double Choc Chip Cookie ♥ Chilled Apricots |
| Grilled ¼# Frank 8 Hot Dog Bun Baked Beans American Potato Salad 🍏 Apple Juice Rice Krispie Treat ♥ Orange | Chicken Parmesan 9 Penne Pasta w/Garlic Butter Seasoned Broccoli Italian Bread 🍇 Grape Juice Fresh Pear | Hungarian Goulash 10 Buttered Noodles Sunshine Carrots Creamy Coleslaw Marble Rye Bread Grapes | Lemon Garlic 11 Chicken Breast w/Sauce Fresh Sweet Potatoes Country Vegetables 7-Grain Bread Cinnamon Apple Slices | Meat Lasagna 12 Italian Vegetables Mixed Greens Italian Dressing Garlic Bread Iced-Red Devil's Cake ♥ Apple |
| Yankee Pot Roast 15 w/Celery, Onions, Gravy Parslied Red Potatoes Wisconsin Vegetables Sourdough Bread Peanut Butter Cookie ♥ Fruit Cocktail | BBQ Boneless 16 Pork Loin Macaroni & Cheese Winter Vegetable Mix Multi-Grain Bread Paczki (<i>Jelly Donut</i>) ♥ Diced Pears | Tuna Salad/Leaf Lettuce 17 Kaiser Roll Sliced Tomato Cinnamon Applesauce Sun Chips Oatmeal Raisin Cookie ♥ Raisins | Turkey à la King 18 Wild Rice Blend Green Beans Wheat Bread Mixed Greens/Dressing Baker's Choice Pie ♥ Fruit | Baked Fish/Lemon Sauce 19 Au Gratin Potatoes Dilled Carrots Coleslaw Rye Roll Snickerdoodle Cookie ♥ Banana |
| Cranberry Meatballs 22 Roasted Potatoes Oriental Vegetables Vienna Dinner Roll 🍊 Orange Juice Baker's Choice ♥ Apple | Creole Chicken Breast 23 Seasoned Red Beans and Rice Bahama Vegetables 🍹 Fruit Punch Cornbread Peaches | Italian Sausage 24 Marinara Sauce Warm Veggie Pasta Italian Green Beans Crusty Roll 🍷 Juice Chilled Pear Slices | 2 Soft Beef Tacos 25 Flour Tortillas, Sour Cream Cheese, Lettuce, Tomato Refried Beans Southwest Style Corn Choc-Iced Banana Cake ♥ Clementine | Mediterranean 26 Baked Cod Roasted Potato Wedges Mediterranean Vegetables Marble Rye Bread Tropical Fruit Cup |



Goodwill
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MEALS ON WHEELS
358-6527



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Aging Resource Center
(414) 289-6874

Answers to all your questions on aging



3-Can Chili

- Frozen or Canned Corn
- Black Beans
- Crushed Tomatoes
- Chili Powder to taste



Crispy Taquitos

- Frozen Corn
- Chicken
- Green Onion, Green Pepper
- Cheddar Cheese
- Tortillas
- Vegetable Oil



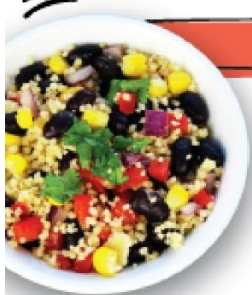
Corn & Green Chili Salad

- Frozen Corn
- Diced Tomatoes & Green Chiles
- Vegetable Oil
- Lime Juice
- Green Onion
- Cilantro



Black Bean & Couscous Salad

- Frozen Corn
- Chicken Broth
- Couscous
- Vegetable Oil
- Apple Cider vinegar
- Cumin
- Black Beans
- Onion
- Bell Pepper
- Salt & Pepper



Corn Bread

- Frozen Corn
- Cornmeal
- Flour
- Sugar
- Baking Powder
- Egg
- Vegetable Oil
- Milk



Nutrition Facts

Serving Size: corn, 1 cup (145g)

Amount per serving

Calories 125

% Daily Value*

Total Fat 2g **3%**
Saturated Fat 1g **3%**
Trans Fat 0g

Cholesterol -

Sodium 22mg **1%**

Total Carbohydrates 27g **9%**

Dietary Fiber 3g **12%**

Sugars 9g

Includes - Added Sugars -

Protein 5g

Vitamin D 0mcg **0%**

Calcium 3mg **0%**

Iron 1mg **4%**

Potassium 390mg **8%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



- Promotes Heart Health
- Reduces Cholesterol Levels
- Reduces Stroke Risk
- Protects Eyesight
- Supports Weight Management
- May Help Prevent Colon Cancer
- Reduces Type 2 Diabetes Risk

DID YOU KNOW?

- An ear of corn has ~800 kernels in 16 rows.
- There is one strand of silk for every kernel of corn.
- An ear of corn has an even number of rows--each with the same number of kernels.
- Corn grows on every continent except Antarctica.
- Corn is America's #1 field crop.

Find these corn recipes here: <https://go.usa.gov/xn6DP>
For more recipes go to: www.whatscooking.fns.usda.gov

